

Youth Earn Summer Pay

Public and private employers hire 2,000 youngsters in summer work program.

See Careers, Page B5

Needle Exchange Combats HIV/AIDS

A syringe exchange program to stop the spread of disease has moved to North/Northeast Portland.

See Metro, inside

Happy Fourth of July!



Golf Tourney To Help Youth Club

The Portland Boys and Girls Club will benefit from the xxx annual golf tournament at Heron Lakes Golf Course.

See Sports, Page B2

Women's Health After Age 40

For women in their second 40 years, menopause requires attention to good health.

See story, Page A6

The Portland Observer 25¢

Mrs. Frances Schoen-Newspaper University of Oregon Lib Eugene, Oregon 97403

THE WEEK IN REVIEW

Men Learn To Keep Anger In Check

BY MICHAEL LEIGHTON

"I think any crime has an anger problem associated with it," he said, and the others around the room nod in agreement.

These men are discussing how to keep their tempers under control. Nearly all of them have hurt someone else, destroyed marriages, other personal relationships and committed crimes, because of their own violence and anger.

"When someone lashes out, they take so many people down with them," said another group member.

Every week, these men meet at Portland's Men's Resource Center at 2325 E. Burnside, to help work out the anger and violence in their lives.

They represent all walks of life, men of all ages, from attorneys and medical doctors to roofers and painters.

Many if most of the participants were ordered to serve in the program, because their behavior got so bad. Some of them found themselves before a court, convicted in some sort of battery.

Few will admit their problems on their own and seek help.

It's serious business, because in some of the worst cases, violence leads to serious physical injuries, even murder.

"I slapped by 11-year-old son, that's what brought me here," said John Hood of Portland.

But the anger is Hood's life started much earlier.

Now divorced, he recalls the stormy relationship which once marked his daily life.

"For me, there was a lot of verbal abuse," he said.

Both Hood and his former wife knew exactly what to say to each other, what buttons to push, to start a destructive and angry argument, he said.

"She knew exactly what to say and I could do the same to her," he recalled. "It became natural and I looked forward to pushing those



Men in a Portland group therapy session work out the anger in their lives by addressing domestic abuse and taking responsibility for their behavior.

buttons." Hood believes much of today's problems with drugs and crime has to do with violent relationships.

He's remorseful for the image of family life, he himself, portrayed at home.

"It's sad, for the kids to see mom and dad fighting all the time and they begin to think that's natural," he said.

Teaching anger control in school would help, he adds.

One of the tools to control anger is to learn

how to identify it. The body will give out signs.

"In my case my nose flares," Hood said. The men learn to channel their anger to keep it in check. Taking time out to settle the nerves, exercising and diet will help.

They talk out the importance of being accountable for their behavior, being disciplined in life and knowing the consequences of being violent.

Hood said too often men use violence in a false attempt to prove their manhood.

"But that's not manhood," he said. "Violence is not going to get you what you want."

The Men's Resource Center is a private counseling agency, certified as a state mental health provider. It has one of the largest domestic violence programs in the United States, with 17 group therapy counseling groups and about 200 men enrolled in anger management at any one time.

Next week: The profiles of abusive persons and taking responsibility and being accountable for destructive behavior.

National Home Prices On Rebound

Home prices across the U.S. rose to 3.4 percent annual rate the first quarter of 1994, according to a survey performed by the Federal Home Loan Mortgage corp. and the Federal National Mortgage Association. National home prices rose an average 3.3 percent the last 12 months and 16.2 percent the last five years. Inflation rose at a 2.7 percent annual rate in 1993 and is expected to climb about 3 percent this year. "A home worth \$100,000 a year ago is worth \$103,400. And that beats the downward pressure homes have been under in the past," says Freddie Mac spokesman Neal McGarity.

Home Owners In South Are The Least Likely To Spend On Home Maintenance

Fifty-six percent of homeowners in the nation's Southern region spend money on home maintenance, compared to 64 percent in the West and Midwest 66 percent in the Northeast, according to a report from the U.S. Commerce Department's Census Bureau. The researchers say that the South contains a relatively large number of mobile homes, newly built homes and lower income households, all groups with lower rates of maintenance and improvements. For example, 52 percent of homeowners with incomes of \$60,000 or more spent some money on a home improvement compared with 37 percent for homeowners with incomes less than \$20,000. "Therefore, homeowners in the South are not likely to do home improvements," says report author Barbara Williams. "However, due to the large size of the Southern region, it had the largest number of households paying for either maintenance or home improvements," she said.

NNPA And Black Press Still Hold Complaints Against Denny's

Although Denny's parent company, Flagstar Companies, has settled a suit against them by thousands of black customers with \$46 million, two major black organizations are still not happy with Denny's. In 1993, Flagstar made an agreement with the NAACP to do nearly \$1 billion worth of business with blacks in a variety of fields including professional services, purchasing, marketing, the supplying of materials and products and franchises. The NAACP says that "This has not been fulfilled." The National Newspaper Publishers Association (NNPA) says that an agreement was made by Flagstar chairman, Jerome Richardson, to "Do \$1 million worth of business with the black print media." They too say that the term of their agreement have not been met. The NNPA and the NAACP say that Flagstar and Denny's officials will have to come back to the table before they will consider the agreements have been made whole.

Furse Calls For Passage Of Violence Against Women Act

In the aftermath of the tragic murder of Nicole Brown Simpson, Rep. Elizabeth Furse joined about a dozen colleagues and members of the National Organization for Women at a Capitol Hill news conference, calling for passage of the Violence Against Women Act (VAWA), now pending as part of the Crime Bill.

Furse's domestic violence bill, which passed the House last fall and is included in the VAWA, motivates police, victims' advocates, medical and

other community organizations to work together to prevent and stop domestic violence abuse.

Rep. Furse made the following statement at the news conference:

"Domestic violence is a problem that potentially strikes all women, whether they are rich or poor. It makes the place that should be safe -- their own home -- unsafe. We must pass the Violence Against Women Act to help women feel safe in their own homes.

"Last year in Portland, 22 women died from domestic violence abuse, and of those 22, 20 had restraining orders. We must do more. During that same time, more women died from domestic violence abuse than by murders from gang members. We must do more.

"My domestic violence bill, which is included in the Violence Against Women Act, helps to break this cycle of abuse. The men and women of the House and Senate have acted to protect women from violence,

and this bill must be passed."

There are minor differences between the House and Senate versions of the VAWA. The Senate version allows women to sue abusers based on gender discrimination. It also includes more money for this problem. The bill is now in conference as the House and Senate work out differences between the bills.

The Crime Bill is expected to be passed within the next few weeks.

Urban League Leads The Way

In Outreach And Support For Sexual Minority Youth

The Urban League of Portland's slogan is "Creating Community Solutions." The Urban League's youth and family staff saw that there was a need for an outreach and support group directed specifically toward sexual minority youth on the east side of Portland, and created "Rainbow Services" in response.

Youth and Family Services Counselor Shala Moaydei, who holds a Masters Degree in Psychology, heads up the Rainbow Program which offers a positive peer support group for gay, lesbian and bisexual youth, homophobia education in high schools, HIV/AIDS education and individual and family counseling. Goals of the program are to reduce the number of lesbian and gay teens who run away from home, work as prostitutes, drop out of school, become HIV infected or commit suicide.

Moaydei says, "The problems of lesbian and gay youth in North and Northeast Portland are serious, and need to be addressed from an early-intervention perspective. Our program is heavily influenced by a mediation mentality. When a young person comes out to his or her parents, we are available to help mediate the situation, should the parents need education or the young person need support. By being available with education, we can assist the family through what can too often be a very stressful, if not totally disruptive time."

The care and health of the family unit is one of The Urban League's primary programmatic goals. Helping sexual minority youth integrate into society will reduce the stress on their families. Not only does the Rainbow program provide support for the youth, it is designed to provide support to the entire family system.

Moaydei says, "Schools are one place where lesbian, gay youth and bisexual youth have a particularly difficult time. They experience extreme social isolation, having no one to talk to; emotional isolation, feeling distanced from family and peers because of their sexual identity; and cognitive isolation, having a lack of access to good information about sexual orientation and homosexuality."

The Rainbow program features a weekly support group for sexual minority youth, which includes a series of eight education workshops led by professionals with expertise in various subjects including AIDS, substance abuse, school issues, religion, identity conflicts, self-esteem and family. The program also has an ongoing commitment to bringing education about sexual minority youth to area

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City Council Fattens Own Pay

The Portland City Council in adjusting to ever increasing cost-of-living voted to add more "fats" to their pay checks.

The raise is at 3.6 percent of salary, an adjustment based on the most recent figures by the federal government which shows cost-of-living has jumped in the Portland area.

The increase will start July 1. The raise also was negotiated in new labor contracts with city unions and will be given to the city's 900 non-union employees.

The Mayor will now take home \$80,746 annually, the four City Commissioners will receive \$68,016 and City Auditor Barbara Clark will have her salary increased to \$63,898.

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